

Avocado Chocolate Tofu Pudding

Prep Time: 10 minutes +
Wait Time: 1 hour

Cook Time: N/A

Makes: 3-4 servings

 Gluten-Free
 Nut-Free



I recommend gathering all the ingredients and kitchen equipment you need, washing your veggies, etc. before starting to cook!

Ingredients

- 400 grams soft or silken tofu
- 1/3 cup maple syrup
- 1/3 cup cocoa powder
- A pinch of sea salt
- 1 ripe avocado (optional)

Flavour add-ons* (optional):

- 1 tsp vanilla extract
- 1 tsp cardamom powder
- 2 tbsp peanut or almond butter
- 1/2 tsp ginger powder
- 2 tbsp cold brewed coffee

Toppings (optional):

- 1/2 cup fresh berries
- A few mint sprigs

Equipment List

- Blender
- Measuring cups & spoons

Recipe Notes:

- If you choose to add any flavour add-ons, I recommend only adding 1 or 2, and not all at once.

Instructions

In a blender, place tofu, maple, cocoa powder, salt, avocado, and desired flavour add-ons.

Process into a creamy texture.

Enjoy as is, or place in the fridge for 1 hour to firm up a bit.

Serve topped with fresh berries and mint.